



Quotes for Meditation

(Part-1)



~ **Sri. Purnananda**

<http://purnamfoundation.org/founder.html>



Purnananda is an Enlightened Mystic, teacher, healer and founder of Purnam Foundation.

**That IS Purnam, This IS Purnam....
You are not That or This,
You are That and This,
yet You are Purnam too....**

Awakening to the state of being Purnam(WHOLE) is Enlightenment.

I invite you to to join the community of Enlightened to live bliss, beauty, love, peace, fulfillment.

~ Sri. Purnananda

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PURNAM Foundation

■ Jnana ■ Kriya ■ Bhava ■ Dhyana

<http://purnamfoundation.org>

Purnam Foundation is a non-profit organization with the mission to inspire individuals to recognize their latent potentiality and nurture it to realize WHOLENESS as a possibility; thereby creating social, universal harmony. <http://purnamfoundation.org>

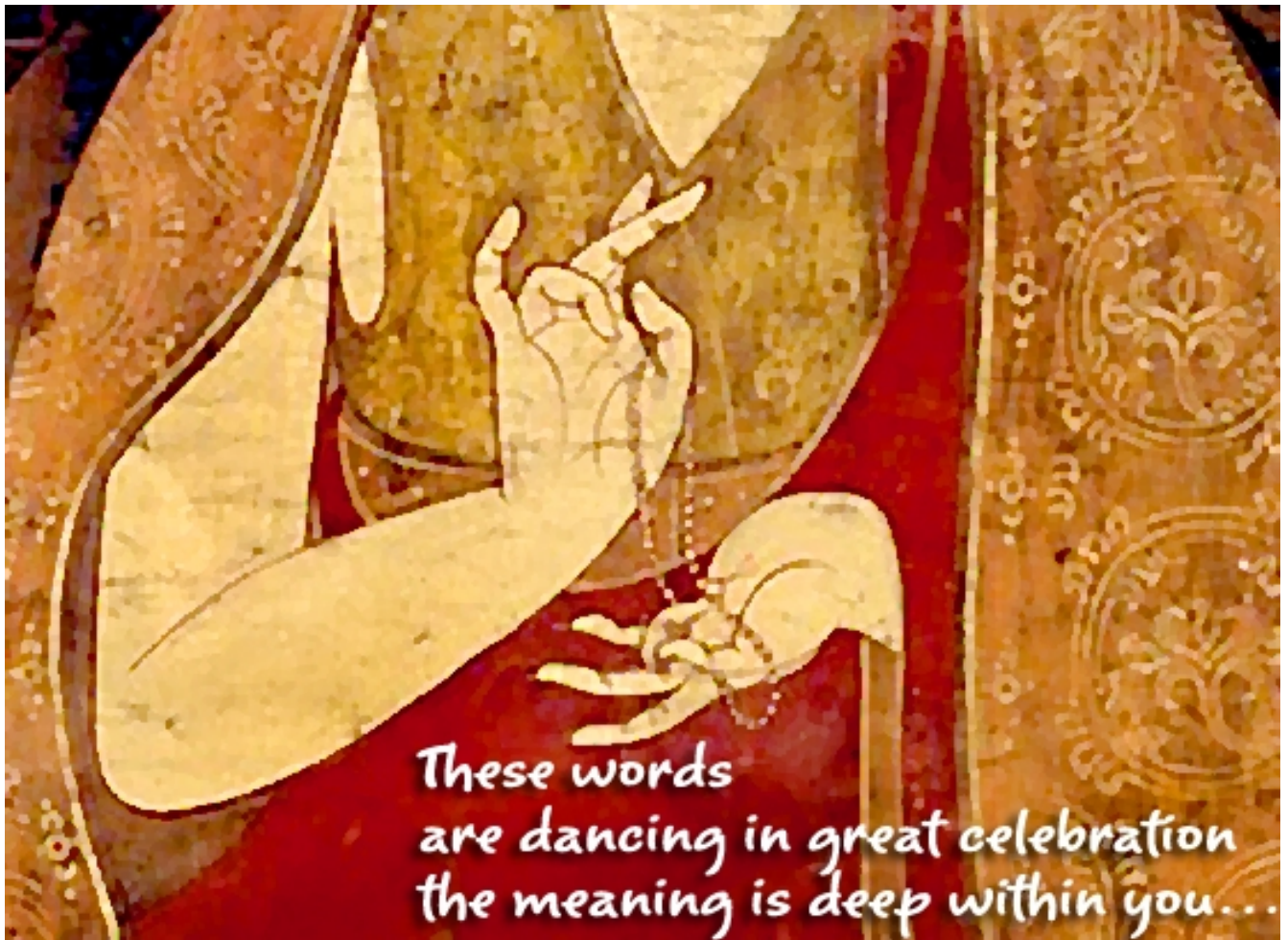
Purnam Foundation organizes various life-transforming programs through spiritual science, emotional intelligence and inner healing. Various levels of programs are designed and conducted by Sri. Purnananda, ranging in duration from from 1 day upto 21 days.

Contact for more information, enquiries about Sat-sang with Sri. Purnananda and registering for various programs organized by Purnam Foundation, please contact:

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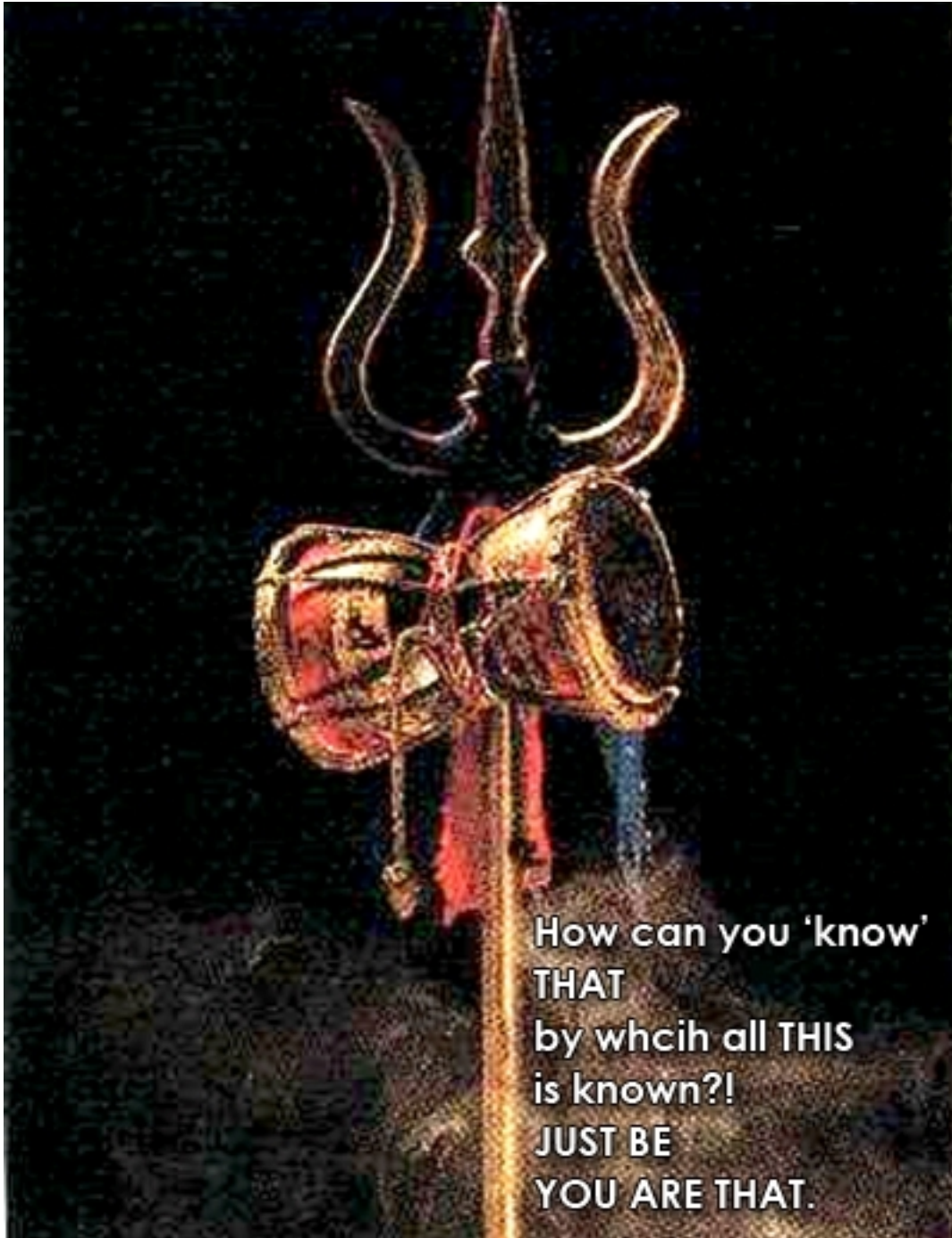
E-mail: contact@purnamfoundation.org



These words
are dancing in great celebration
the meaning is deep within you...

~ Sri. Purnananda

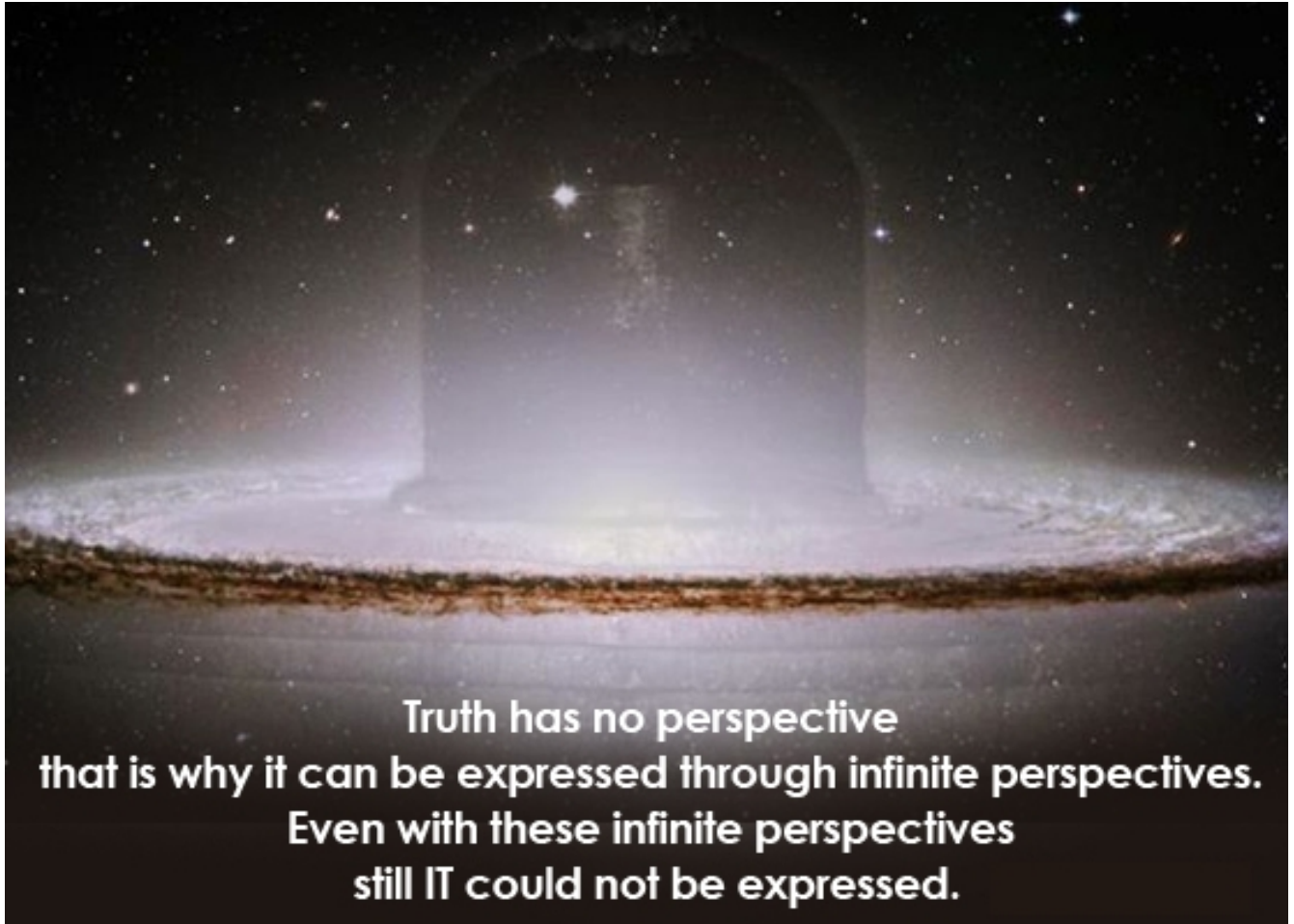
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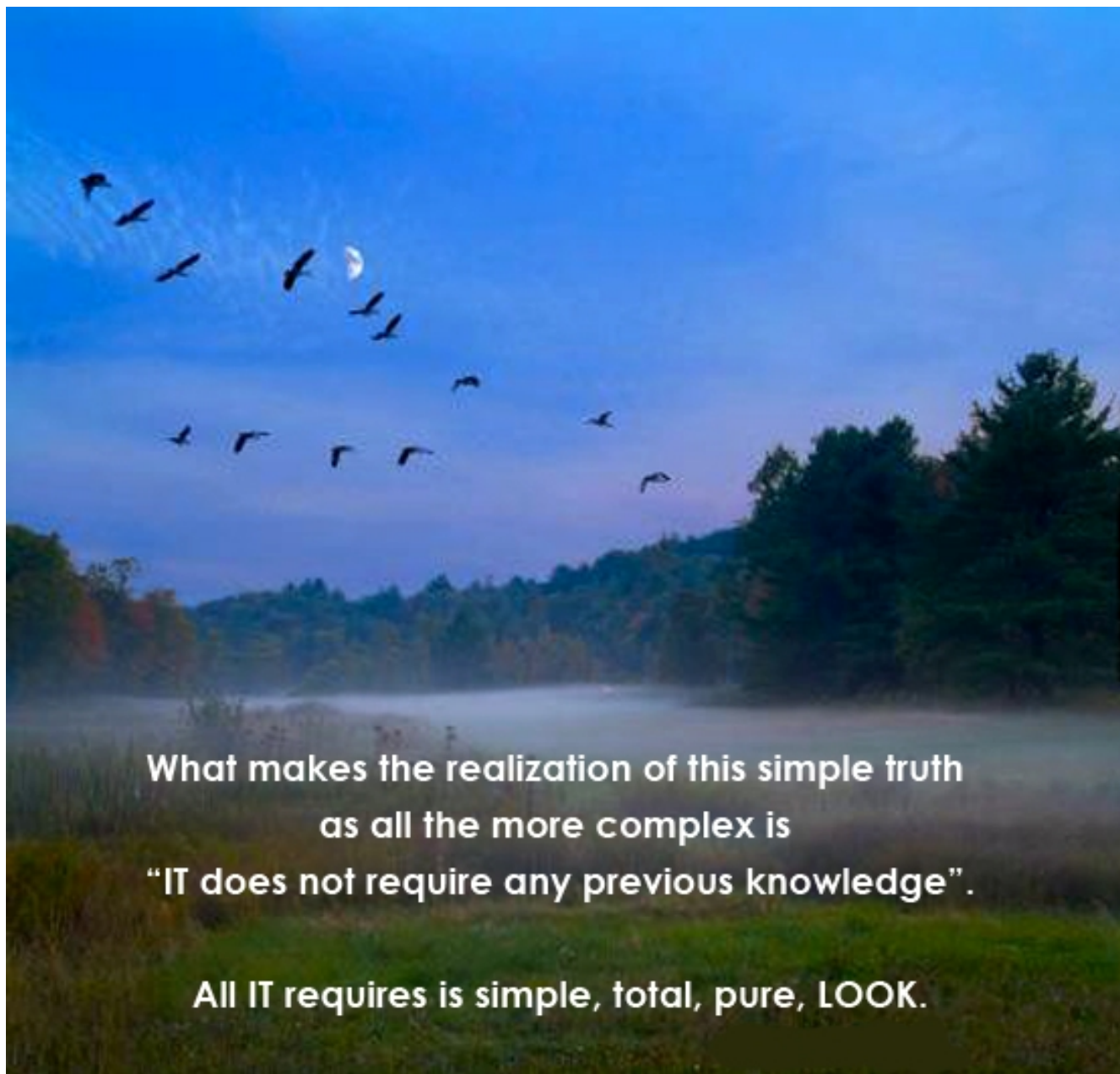
How can you 'know'
THAT
by which all THIS
is known?!
JUST BE
YOU ARE THAT.

~ Sri. Purnananda

<http://purnamfoundation.org>



~ Sri. Purnananda
<http://purnamfoundation.org>



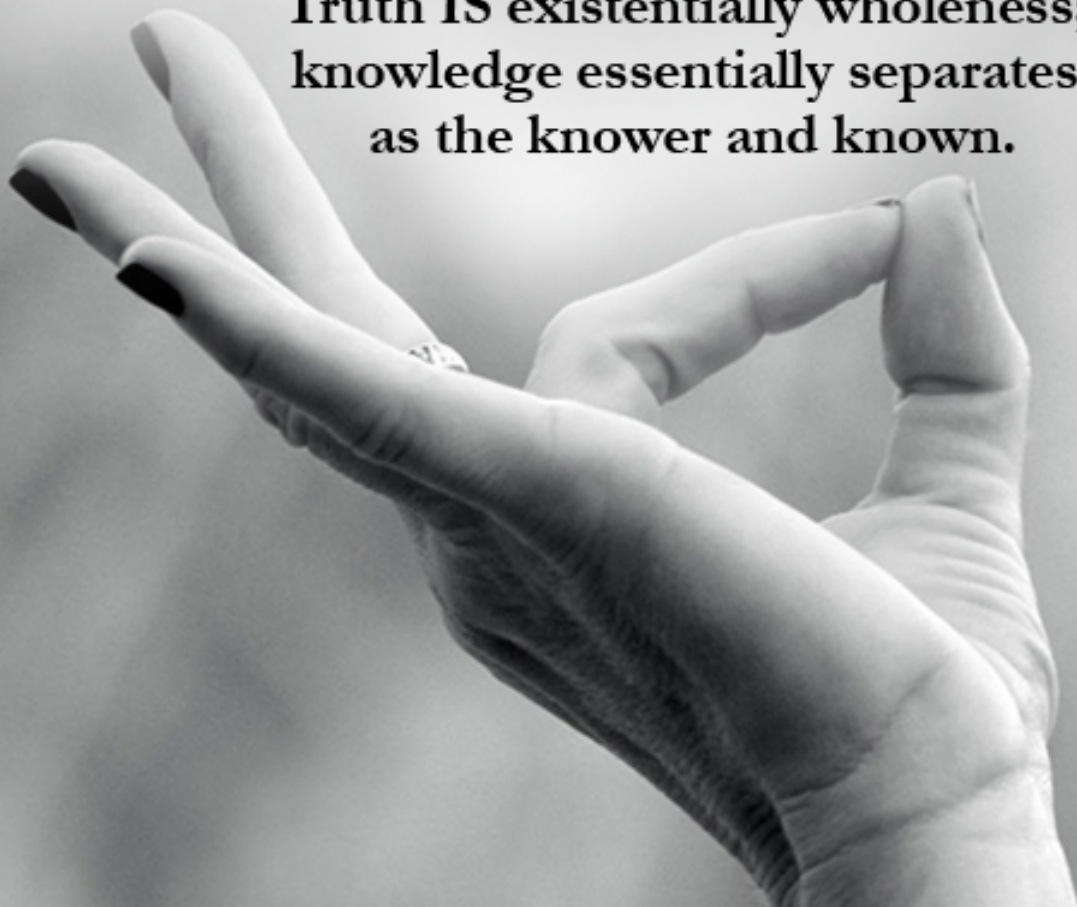
What makes the realization of this simple truth
as all the more complex is
“IT does not require any previous knowledge”.

All IT requires is simple, total, pure, LOOK.

~ Sri. Purnananda
<http://purnamfoundation.org>

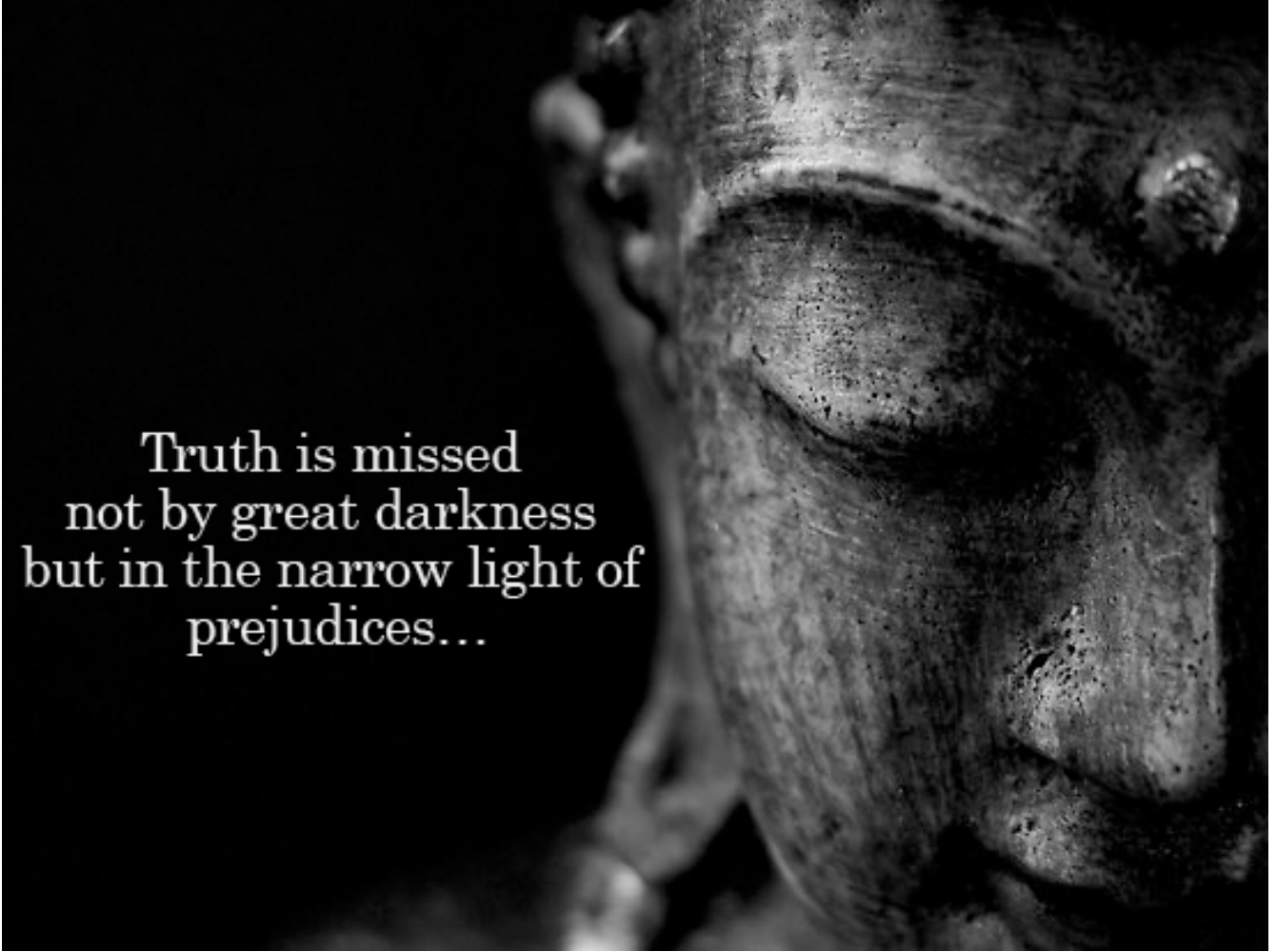
As there is no one left to know anything,
there can never be any knowledge of truth.

Truth IS existentially wholeness;
knowledge essentially separates
as the knower and known.



~ Sri. Purnananda

<http://purnamfoundation.org>



Truth is missed
not by great darkness
but in the narrow light of
prejudices...

~ **Sri. Purnananda**
<http://purnamfoundation.org>



~ Sri. Purnananda
<http://purnamfoundation.org>

Confusion is better than
the misunderstanding
that you 'understood' Truth



The ultimate
understanding is
TRUTH
cannot be
understood

~ Sri. Purnananda

<http://purnamfoundation.org>

Intellect appears when the harmony is lost;
Interpretations deceive the ignorant.
Sessions of discussions where there is no integration.

Listen wholeheartedly – Wholeness is truth.



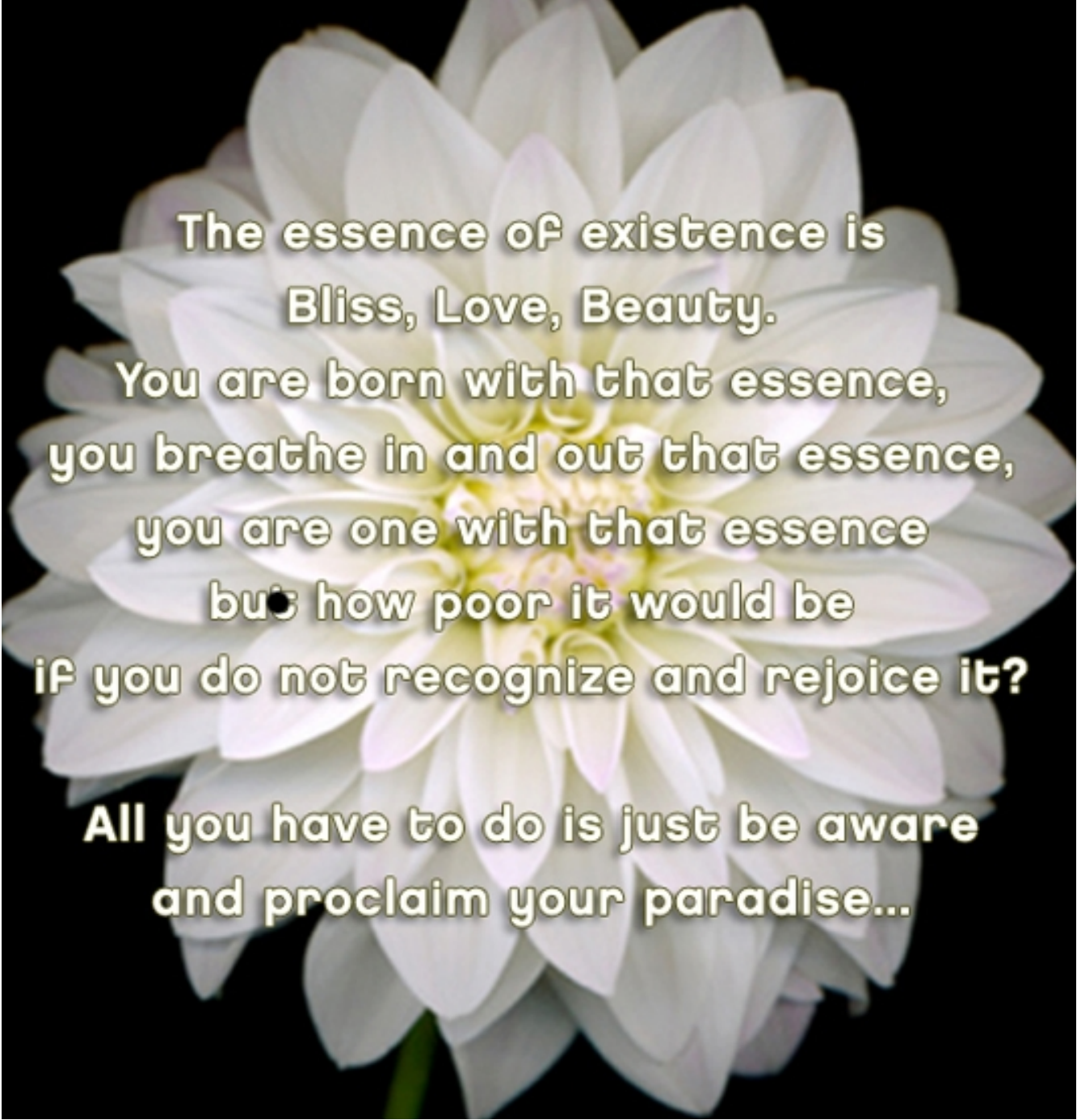
~ Sri. Purnananda
<http://purnamfoundation.org>

You may not need any guru or master but
your diciplehood is a MUST.



Dicilehood is
state of being
receptive,
open
available

~ Sri. Purnananda
<http://purnamfoundation.org>



The essence of existence is
Bliss, Love, Beauty.

You are born with that essence,
you breathe in and out that essence,
you are one with that essence
but how poor it would be
if you do not recognize and rejoice it?

All you have to do is just be aware
and proclaim your paradise...

~ Sri. Purnananda
<http://purnamfoundation.org>

Truth IS nothing to do with 'the known'.
Light has nothing to do with darkness.

Realization of Truth is not from the known to unknown.
From darkness to light is your awakening.

There is no path to take you anywhere.
All paths are to awake you to THIS PRESENCE HERE NOW.



~ Sri. Purnananda
<http://purnamfoundation.org>

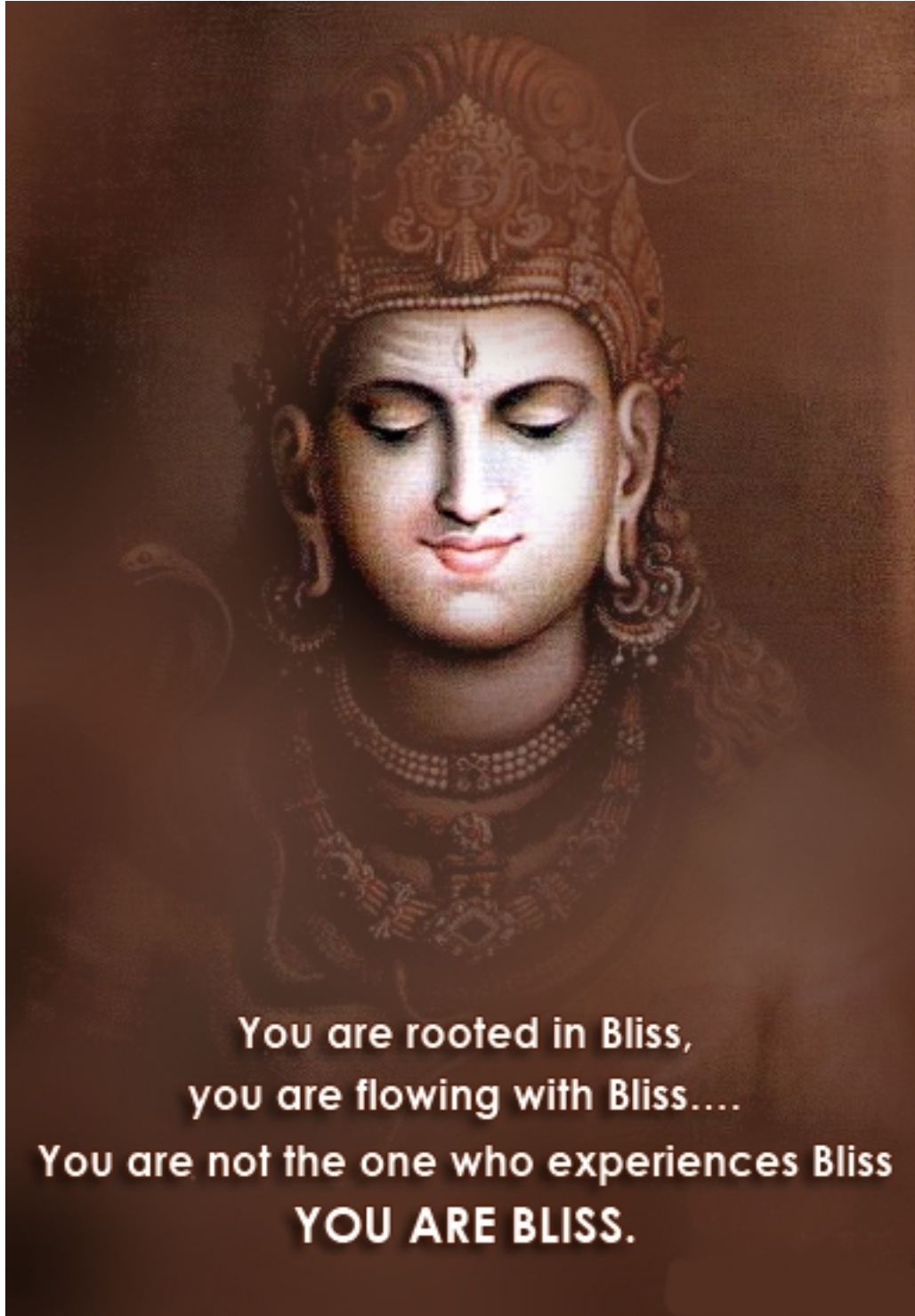
All that define you
only confine you
with self-centered ideas,
which prevent
to SEE -AS YOU ARE.

- you are nobody
- indefinite
- wholeness.



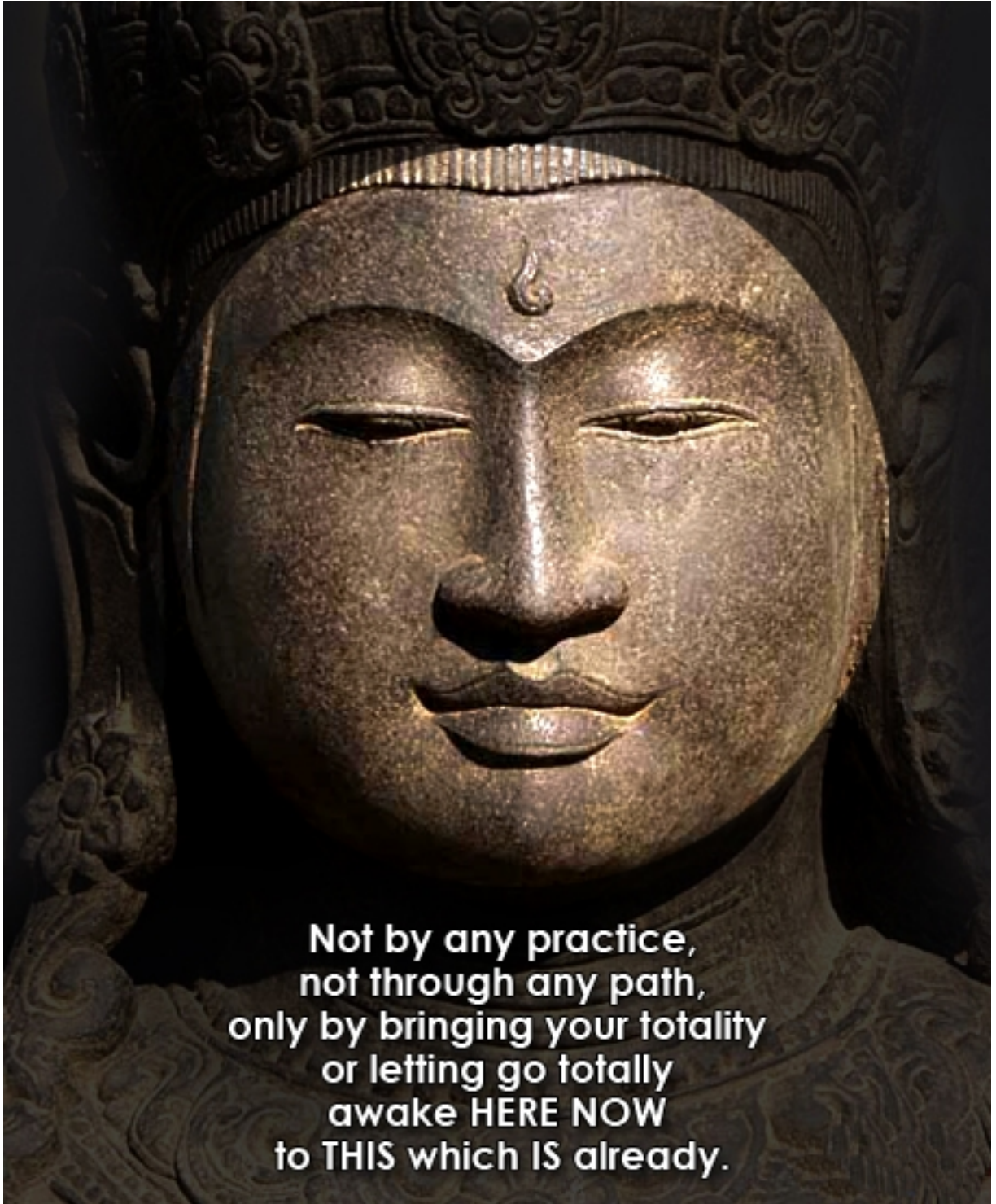
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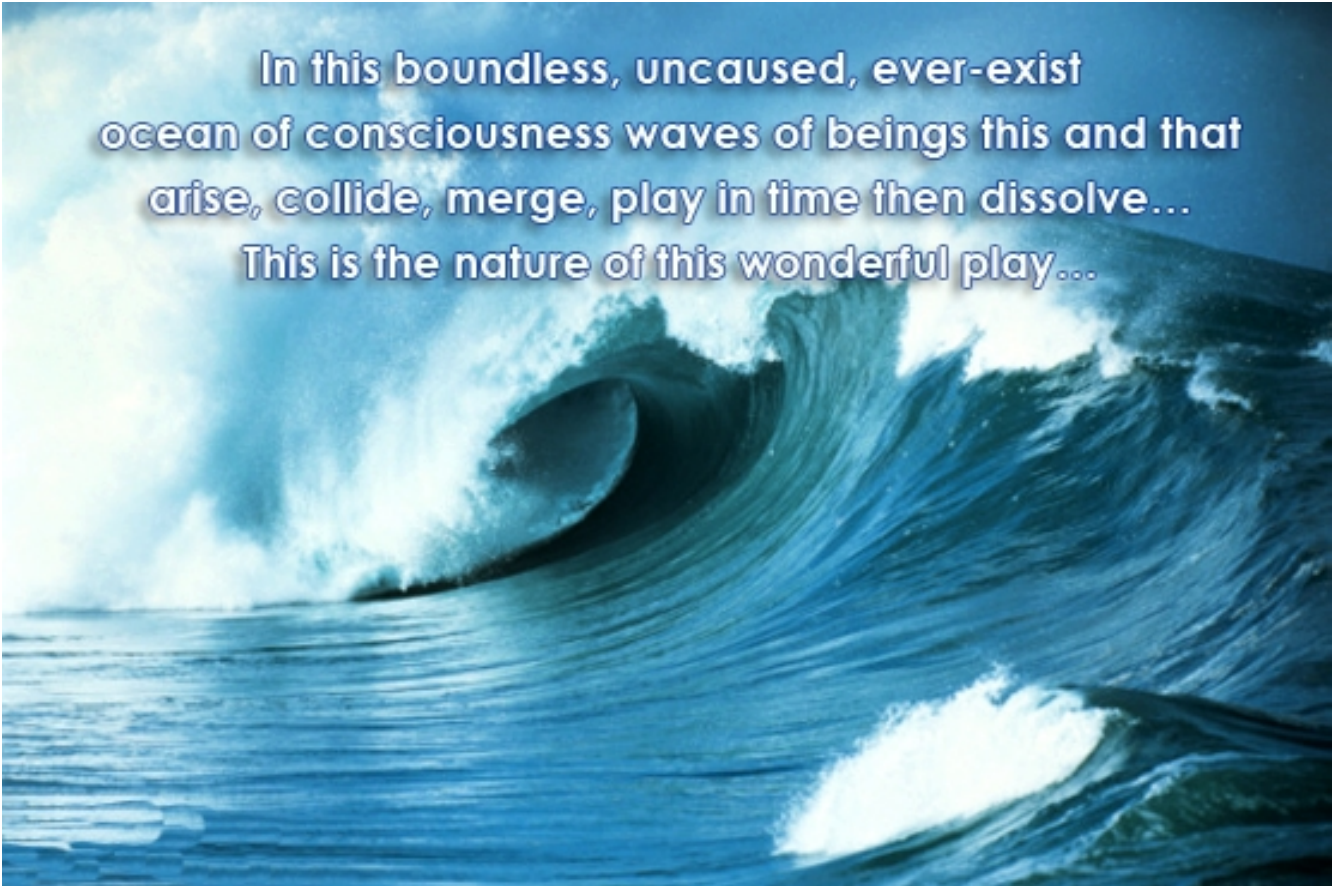
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Not by any practice,
not through any path,
only by bringing your totality
or letting go totally
awake HERE NOW
to THIS which IS already.

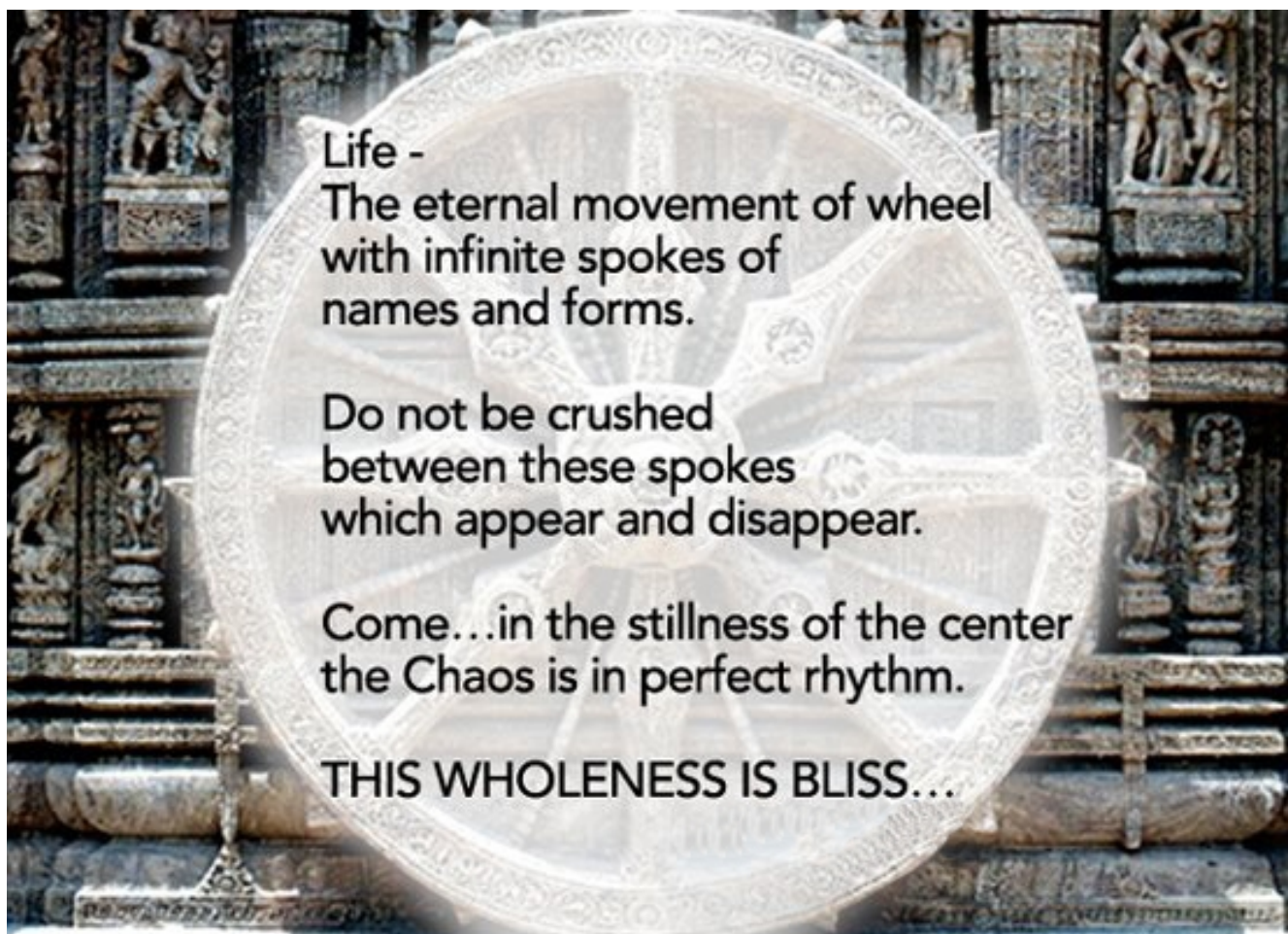
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In this boundless, uncaused, ever-existent
ocean of consciousness waves of beings this and that
arise, collide, merge, play in time then dissolve...
This is the nature of this wonderful play...

~ Sri. Purnananda
<http://purnamfoundation.org>



Life -
The eternal movement of wheel
with infinite spokes of
names and forms.

Do not be crushed
between these spokes
which appear and disappear.

Come...in the stillness of the center
the Chaos is in perfect rhythm.

THIS WHOLENESS IS BLISS...

~ Sri. Purnananda
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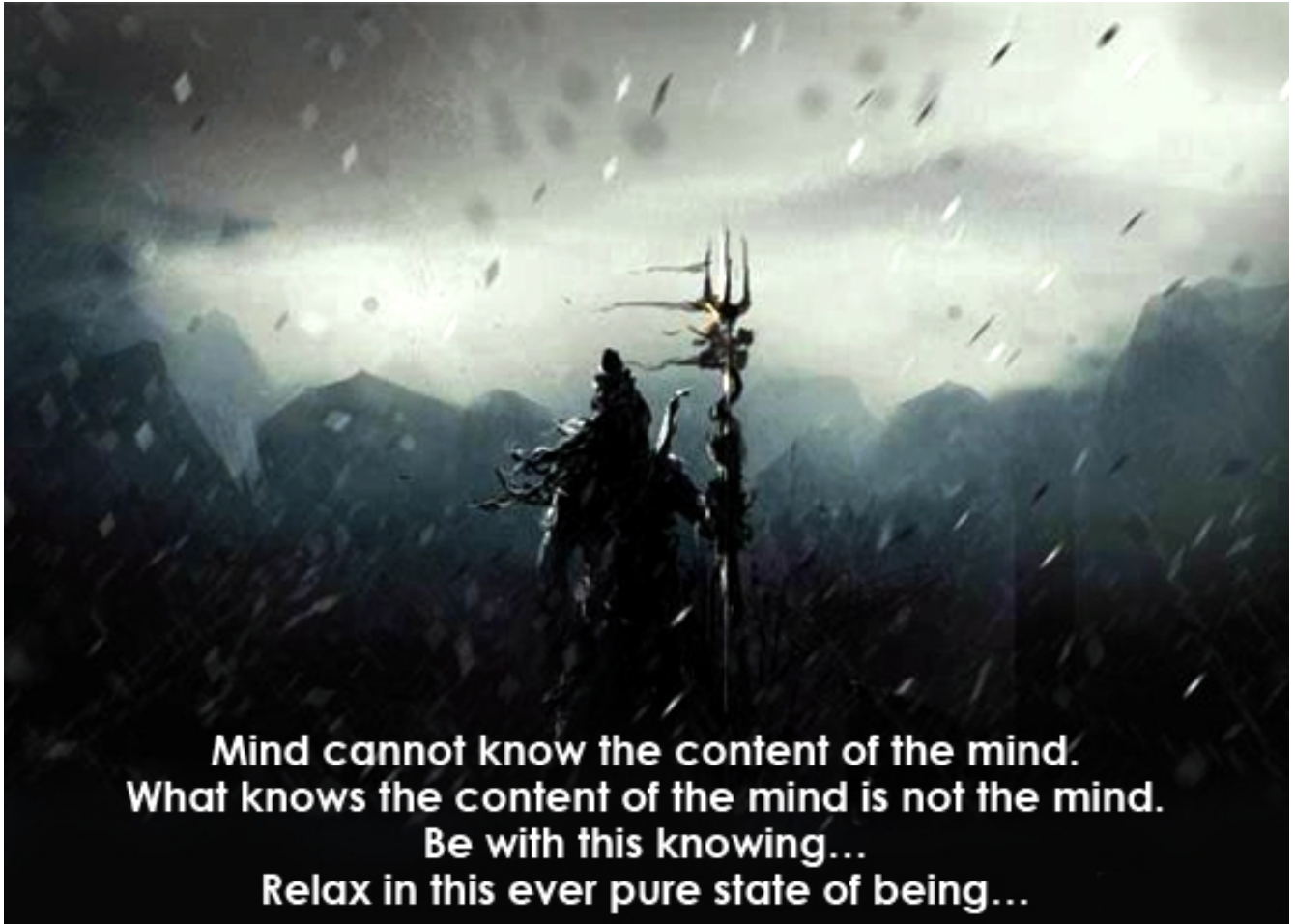
All that one looking for is the joy of freedom.
Freedom from time constrain,
freedom from place constrain,
freedom from bondage with the cause and effect.

☀ If you can not be free NOW
when can you free from time?!

☀ If you can not be free HERE where can you?!

☀ If you can not be free in THIS
what-else can free you?!

~ Sri. Purnananda
<http://purnamfoundation.org>



Mind cannot know the content of the mind.
What knows the content of the mind is not the mind.
Be with this knowing...
Relax in this ever pure state of being...

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